



sandiegocountylibrary



What's Happening @ Your Library

May 2013



Dear Customer,

Visit your San Diego County Library this May as we celebrate Older Americans Month and Asian-Pacific American Heritage Month.

Featured Event

San Diego Legends: Living Well Art & Photograph Exhibit

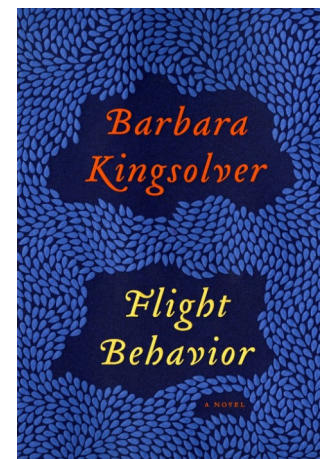
The San Diego Legends is an annual recognition of San Diego elders who lead by example. They exemplify lifestyles that embrace our diversity, spiritual integrity, humanism and healthy living – their lives and accomplishments are a testament to the nobility of hard work, respect for each other, commitment and a 'greater good.'

Exhibit Debut and Reception

Friday, May 31 @ 6 p.m.
Rancho San Diego Library

SDCL's Most Wanted

Have you seen this book?



Donate it at any SDCL branch
and help stock our shelves!

Celebrate Older Americans Month

Silver Age Yoga: Tuesdays, 1 p.m.
@ Encinitas

Tai Chi for Older Adults:
Thursdays, 9 a.m., @ Ramona

Gentle Vinyasa Flow Yoga:
Thursdays, 1:30 p.m. @ Encinitas

Fix Your Body Yoga: Thursdays, 2 p.m., El Cajon

Zumba Gold: Fridays, 11:30 a.m.,
@ Poway

Gentle Yoga: Fridays, 12 p.m., @
San Marcos

Gardeners' Get-Together:
Thursday, May 2, 4 p.m. @ El
Cajon

Posture Alignment Class:
Thursday, May 2, 6 p.m., @
Encinitas

All About Eye Wellness: Friday,
May 3, 10 a.m., @ Del Mar

Healthcare Decision Making:
Saturday, May 4, 10 a.m., @ Bonita
-Sunnyside

**Start Your Own Vegetable
Garden:** Saturday, May 4, 1 p.m.,
@ Imperial Beach

**Preventing Financial Abuse,
Frauds, and Scams:** Tuesday, May
7, 4 p.m., @ Spring Valley

Gentle Yoga: Thursday, May 9, 10
a.m., @ Poway

**The Gift of Age with Richard
Lederer:** Saturday, May 11, 1 p.m.,
@ Julian

Scrapbooking for Seniors:
Tuesday, May 14, 4 p.m., @
Jacumba

**Adult Book Club - Olive Kittredge
by Elizabeth Strout:** Wednesday,
May 15, 10:30 a.m., @ La Mesa

**Everyone Has a Story to Tell with
Sid Shapira:** Saturday, May 18, 10
a.m., @ Del Mar

Physician Aid in Dying: Saturday,
May 18, 2 p.m., @ Solana Beach

Rhinestone Grannies: Saturday,
May 18, 2 p.m., @ El Cajon

USS Midway Presentation:
Tuesday, May 21, 6 p.m., @ Crest

**Nutrition Basics - Key to Healthy
Eating:** Tuesday, May 21, 6:30 p.m.,
@ Santee

**Healthy Aging through
Volunteering:** Wednesday, May 22,
3 p.m., @ Fallbrook

Healthcare Reform Lecture:
Wednesday, May 22, 6 p.m., @
Encinitas



**Know the 10 Signs - Alzheimer's:
Early Detection Matters:**
Thursday, May 23, 1:30 p.m., @
Rancho San Diego

Chair Yoga for Seniors: Saturday,
May 25, 11 a.m., @ Campo

Understanding Hospice Care:
Saturday, May 25, 2 p.m., @
Solana Beach

Thrilling Tales for Adults:
Wednesday, May 29, 6 p.m., @
Lakeside

**The Basics - Memory Loss,
Dementia, & Alzheimer's Disease:**
Thursday, May 30, 10 a.m., @
Lemon Grove

Featured Event

Larry Itliong:
Hero of the United Farm
Workers

Film trailer screening and panel
discussion with Itliong's son and
local experts.

Saturday, May 18
10 a.m. @ Bonita-Sunnyside
3 p.m. @ Vista

Acoustic Showcase Series

SDCL's award-winning Acoustic Showcase Series is continuing
in May with a host of free concerts.

Tuesday, May 7 @ 6:30 p.m.: Christopher Dale @ Rancho San Diego

Wednesday, May 8 @ 6 p.m.: Old Town Road @ Encinitas

Saturday, May 11 @ 2 p.m.: John Foltz @ Poway

Saturday, May 11 @ 2:30 p.m.: Nathan James and Friends @ Fallbrook

Sunday, May 12 @ 2 p.m.: John Bosley @ El Cajon

Visit <http://sdcls.homestead.com/> for concert clips, bios, and more information.

Program schedules are subject to change with short notice. To confirm program details, please contact the branch.